



JOIN US FOR:

MATHIS WACKERNAGEL, OF REDEFINING
PROGRESS AND CO-AUTHOR OF *Ecological Footprint:
Reducing Human Impact on the Earth*

AND GET A SUSTAINABILITY WORKOUT!

WHERE: Jackson Federal building, South Auditorium on the 4th Floor
Enter off of 2nd and Marion in Down Town Seattle

WHEN: Thursday, November 15th, 9am – 12 noon

- **9-10am** - “Lighten Up: Getting Serious about Sustainability with the Ecological Footprint” (Motivational)
- **10am -12pm** - “The Sustainability Workout: Charting your course towards Sustainability” (Building your Sustainability Skills)

COST: FREE!

For more information:
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Who is Mathis Wackernagel:

Mathis Wackernagel directs the Sustainability Program at Redefining Progress and is the co-author of *Ecological Footprint: Reducing Human Impact on the Earth* and *Sharing Nature’s Interest*. He is a fabulous speaker and will help you to chart your own course towards sustainability.

Course Overview:

THE SUSTAINABILITY WORKOUT:

A WORKSHOP BY **REDEFINING PROGRESS** TO HELP PEOPLE PUSH FOR sustainability

This Workout may be the most you will ever sweat while standing still. You may feel the heat as you stare into the face of current contradictions and thorny choices, but you will also discover effective possibilities for what you can do to accelerate the sustainability transformation. After the Workout, you will be able to sharpen sustainability discussions, face their emotional challenges, and ignite action.

Charting a Course towards Sustainability

Where is humanity heading? To find out, we take stock of our situation, and get specific about what's required to become sustainable. After all, we can get there much faster once we know where we want to go. Using a tool called the Ecological Footprint, we determine the ecological sustainability of humanity, nations – and ourselves. Through this process, we can then set specific targets, face challenging obstacles with more clarity, and chart a more successful course toward sustainability.

Unleashing the Power of Sustainability

We start by identifying basic requirements for sustainability, focusing on measurable ecological limits rather than perceived political feasibility. Building on these insights, the Workout helps us envision our goal and transform our aching sense of reality into inspiration for action. Through the Workout, advocates develop a realistic vision for a sustainable world, a grounded belief that getting there is possible, and the courage to take a stand for such a world.

A Map of the Workout

The Sustainability Workout includes presentations as well as ample opportunities to participate through:

- **Warm-up quiz-** Taking stock of our current resource use and exploring the implications;
- **Tough decisions-** Making difficult choices to pinpoint our sustainability goal;
- **Engaging our friends-** Honing skills to make sustainability infectious;
- **Visualization-** Envisioning our sustainability goal in color and 3D;
- **Reflection and evaluation-** Reviewing what we have learned and determining what to do next.

What people are saying:

- “Worthwhile, encouraging and practical...lots of applicable examples to follow.”
- “The Workout was very beneficial and I enjoyed it immensely.”
- “Teaching conversational skills for dialogue was wonderful.”
- “I feel more confident in speaking about sustainability.”

The Sustainability Workout, developed in partnership with local and national sustainability activists, builds on the Ecological Footprint work of Mathis Wackernagel. Since its inception in the early 1990s, Footprint accounts have been used by communities, international organizations, and governments on all inhabited continents. Paul Hawken, co-author of Natural Capitalism, said: “I got the Ecological Footprint of Nations report which I love and will cite voraciously in our book. It will look like a carcass in the desert, stripped of every morsel of insight. It is great.”

This course is brought to you as part of the “Getting Better Environmental Results from Your Work” Certificate Course and is sponsored by the US EPA, Region 10 and the Federal Network for Sustainability